

Child Care Health Consultation Lesson Plan

Contractor Name: CCHC Program

Date Submitted: August 3, 2015 (by Crawford County)

☒ **Children's Health Promotion**

| Adult Training on Content Area V: Health and Safety | Health and Safety Standards | Training Levels |
|---|--|---|
| Select one standard and one level | <input type="checkbox"/> Promoting Risk Management Practices | <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 |
| | <input type="checkbox"/> Protecting Children and Youth | Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011 |
| | <input type="checkbox"/> Promoting Physical Health | |
| | <input checked="" type="checkbox"/> Promoting Mental Health | |
| | <input type="checkbox"/> Promoting Healthy Eating | |

Title: Strong Parents, Stable Children: Building Protective Factors to Strengthen Families

Training Goal: Workshop participants will learn new strategies to help families build their protective factors and enable children to thrive

Learning Objective(s): Participants will:

- Acquire skills for minimizing stress caused by challenges
- Acquire strategies for adapting to adversity, trauma and difficulties encountered
- Demonstrate effective and clear communication techniques for helping children express emotions
- Recognize the importance of positive relationships for supporting families

| Topical Outline of Content | Training Method(s) | Time (in minutes) |
|--|--------------------|--|
| Printable resources for this training may be found at: http://ctf4kids.org/about-prevention/protective-factors-training/ | | |
| Concrete Support in Times of Need—Families need support & services to address their needs & help minimize stress caused by challenges | Lecture/Discussion | 40 min |
| Parental Resilience—Parents must be able to be strong and flexible when encountering difficulties, adversity, and trauma | Lecture/Discussion | 60 min |
| Knowledge of Parenting and Child Development—Information and strategies for parents on supporting physical, cognitive, language, social and emotional development | Lecture/Discussion | 45 min |
| Children's Social and Emotional Development—Children need help expressing their feelings and emotions. Parents can help children learn to communicate clearly, recognize and regulate emotions, and build and maintain relationships | Lecture/Discussion | 60 min |
| Social Connections—Families need to build and maintain positive relationships to provide emotional, instrumental, informational, spiritual, and other helpful support | Lecture/Discussion | 40 min |
| | | Total time: 240 min (4 clock hours) |

Method(s) of Outcome Evaluation: Interactive group discussion and responses to in class activities

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Date Approved:
August 3, 2015

Authorized Approval Signature:



Date Expires:
August 2018